

7 routines

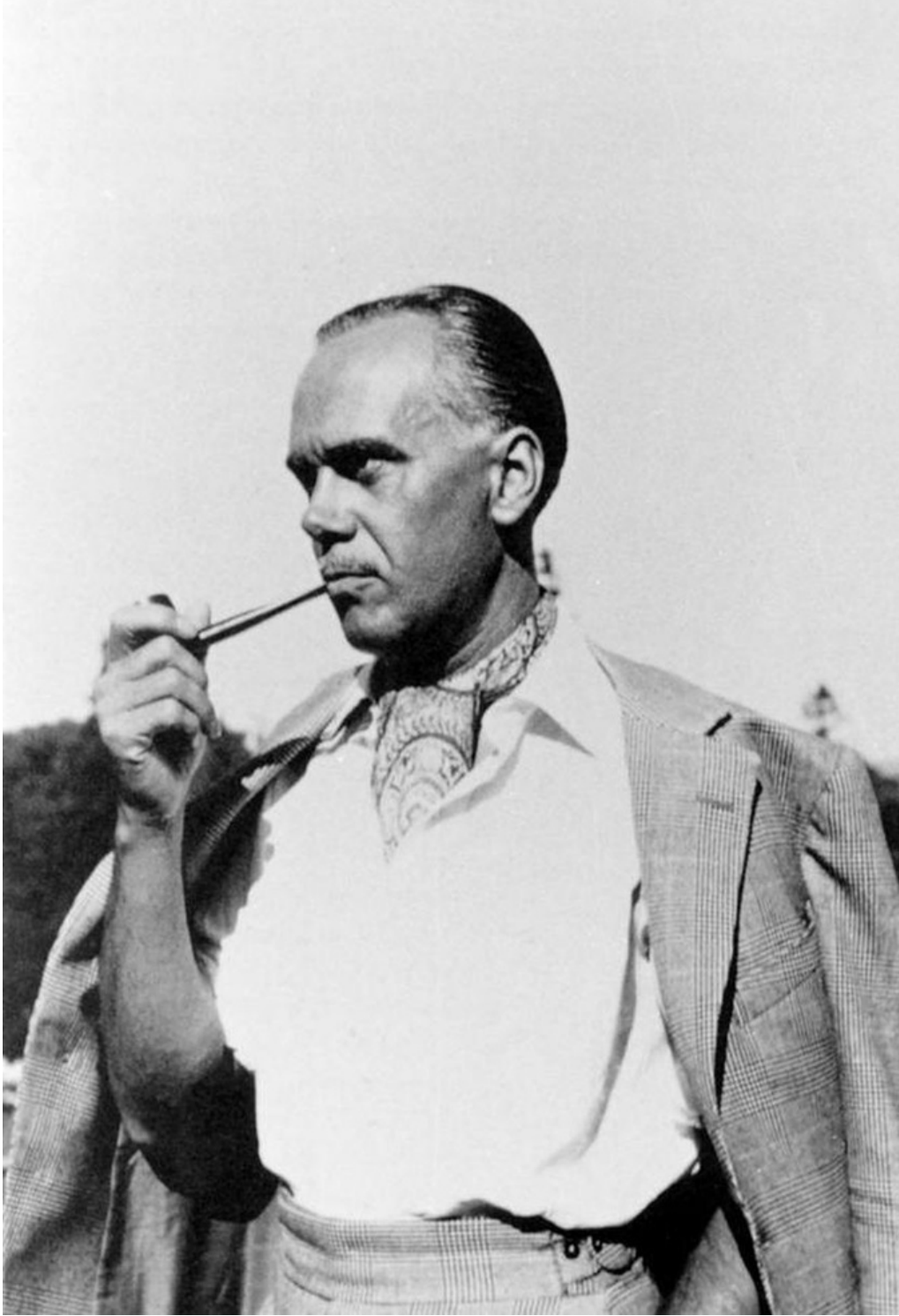


E. Fouz

-3.06.2022

MOVEMENT
and DIET: gym,
walk, posture,
jogging,
stationary bike /
CEOME, Dukan,
Intermittent
Fasting,
chamomile tea,
water, coffee,
early dinner





LITERATURE:

literature, novels, poetry,
essay, biographies

ENGLISH LANGUAGE:

English language, method,
teaching, radio, podcasts, mp3,
TV series





METHOD/ PEDAGOGY: TEDtalks,
YouTube videos, euronews, Daily
Mirror

JOURNALISM: columnists, reports, manuals, New Journalism, Writing





WRITING: columnism, blogging,
reading, short stories, teaching
method and strategies

ART: photography, painting,
literature, writing, birds, beauty,
music, the movies

